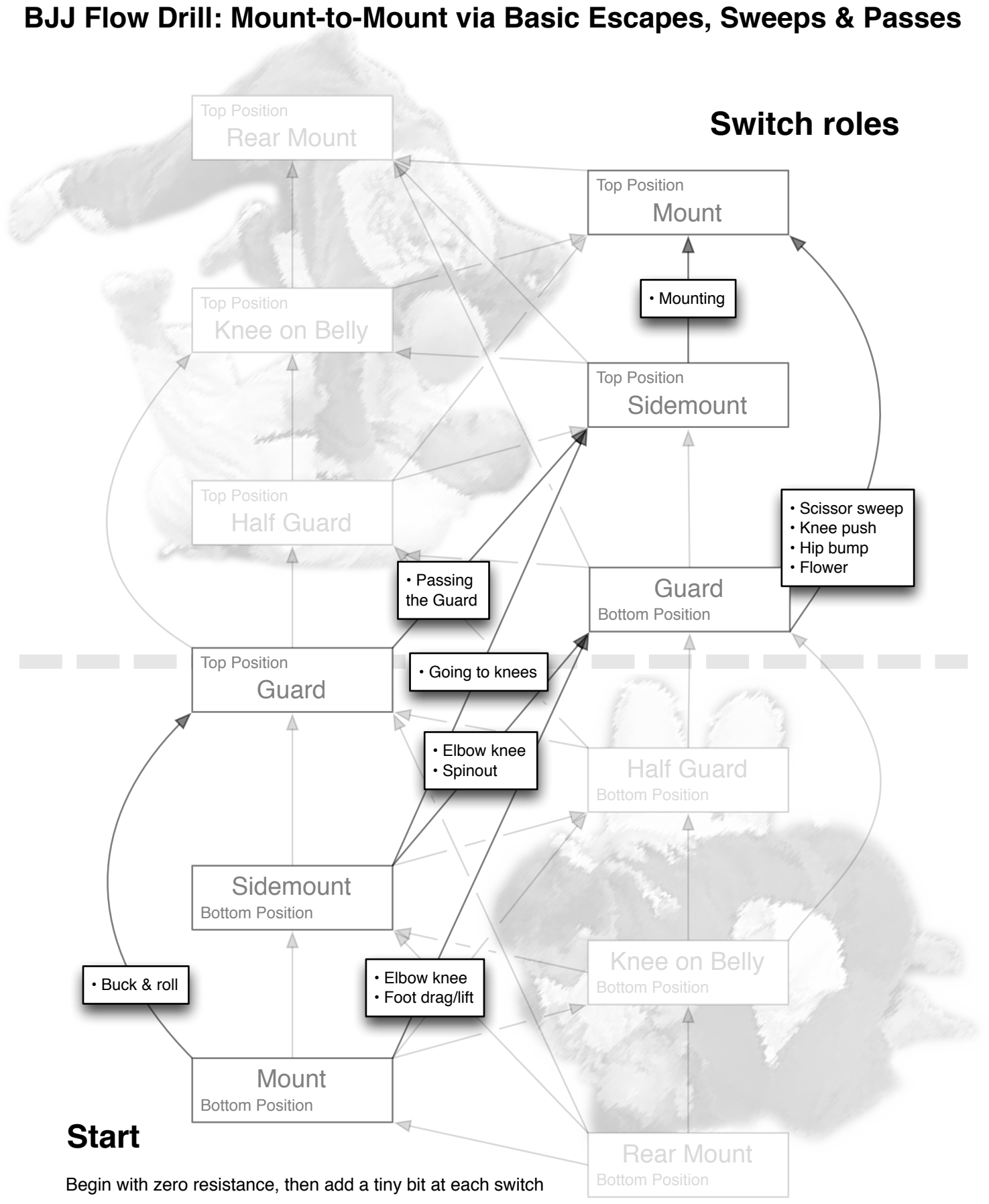
BJJ Flow Drill: Mount-to-Mount via Basic Escapes, Sweeps & Passes



Start

Begin with zero resistance, then add a tiny bit at each switch